

All Natural  
12 Day  
Detox



# 7

This program cannot be construed as a recommendation of medical treatment or medication. It is not professed to be physical or medical treatment nor is any such claim made.

There are no medical recommendations or claims for the 12 Day Detox program or for any of the vitamin or mineral regimens described in this program.

No individual should undertake the 12 Day Detox program or any of its regimens without first consulting and obtaining the informed approval of a licensed medical practitioner. The author makes no warranties or representation as to the effectiveness of the 12 Day Detox.

# Activity

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Of course we all know that being active is good for us. Exercise and other types of activities help us to build muscles, get stronger and lose weight.

Not all of us know that it is scientifically proven that a high level of activity makes us smarter, happier and more successful as well as strengthening the immune system.

Activity helps to relieve symptoms of both depression and anxiety if intense and done regularly. Activity also creates better sleeping habits and enhances self esteem.

There are two types of activities: Exercise and NEAT (Non-Exercise Activity). Both provide health benefits. Your challenge during this program and beyond is to begin to find the mix that works best for your body and lifestyle.

# Activity

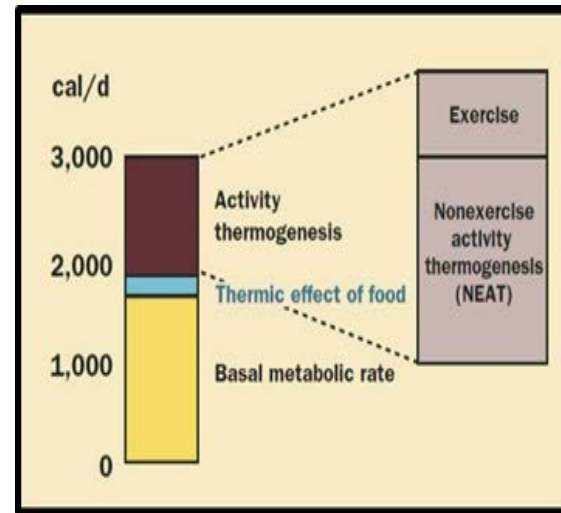


There are two types of activity that provide health benefits:

1. Exercise type activities (e.g. running, biking, weight lifting)
2. Non-Exercise Activity Thermogenesis, or NEAT (standing, walking, cleaning, playing, anything more active than lying in bed)

The diagram to the right shows how your body uses calories during each day, and confirms that NEAT activity is actually more significant than planned exercise-type activities. That is not to say they don't both have value – they do!

If you are considering adding in more activity during your detox program, however, NEAT is the best (and gentlest) place to start.



# Activity



It is not realistic to think you're going to go from Couch Potato Extraordinaire to Marathon Runner within a 12 day program.



What you *can* do is look at where you're starting (both your NEAT and planned activities) and build a sustainable level of enjoyable activity from that existing foundation.

Experts use 10% as a rule of thumb for weekly change – meaning you can add 10% onto your activity each week without overdoing it or

pushing too hard. This means very, very small changes – which is why starting with NEAT is really your best bet.

Putting together your activity goals is like fitting pieces into a puzzle. You combine together your two types of activity and make very small changes to each over time. This will add up to big results without stressing you out.

# Exercise



Any exercise that you sweat with will help to detoxify your body. One that is especially detoxifying is the rebounder.

Gentle jumping on a mini trampoline:

- Releases endorphins and other hormones
- Stimulates and exercises EVERY cell in the body at the same time
- Stimulates muscle tone and strength
- Increases flexibility
- Oxygenates the blood
- Improves circulation
- Helps to release toxins
- Stimulates the lymphatic system



You can set the rebounder up in the living room bounce and watch television at the same time. Try turning on the music and bouncing.

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